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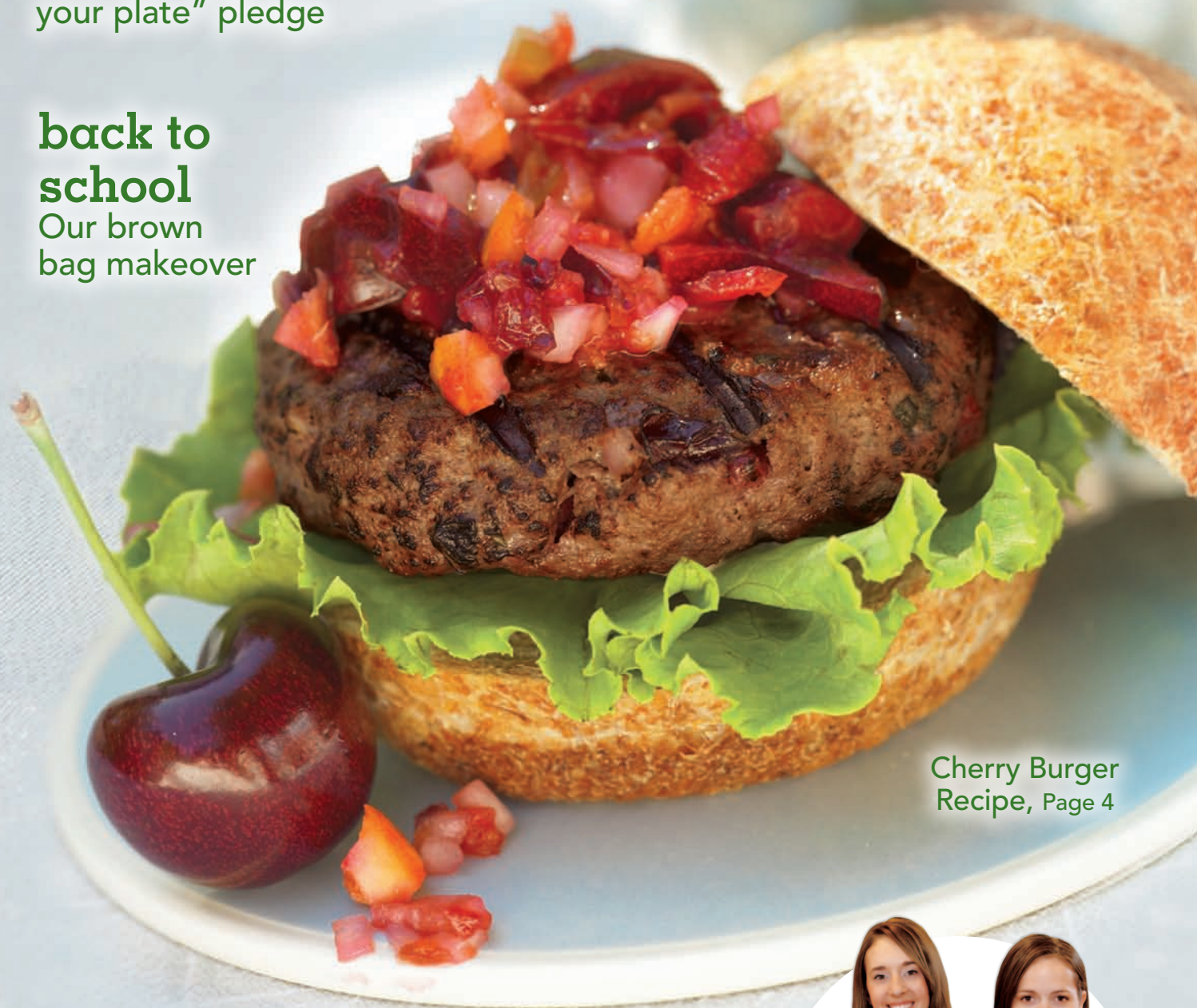
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## carrie's corner

Take the "half  
your plate" pledge

## back to school

Our brown  
bag makeover



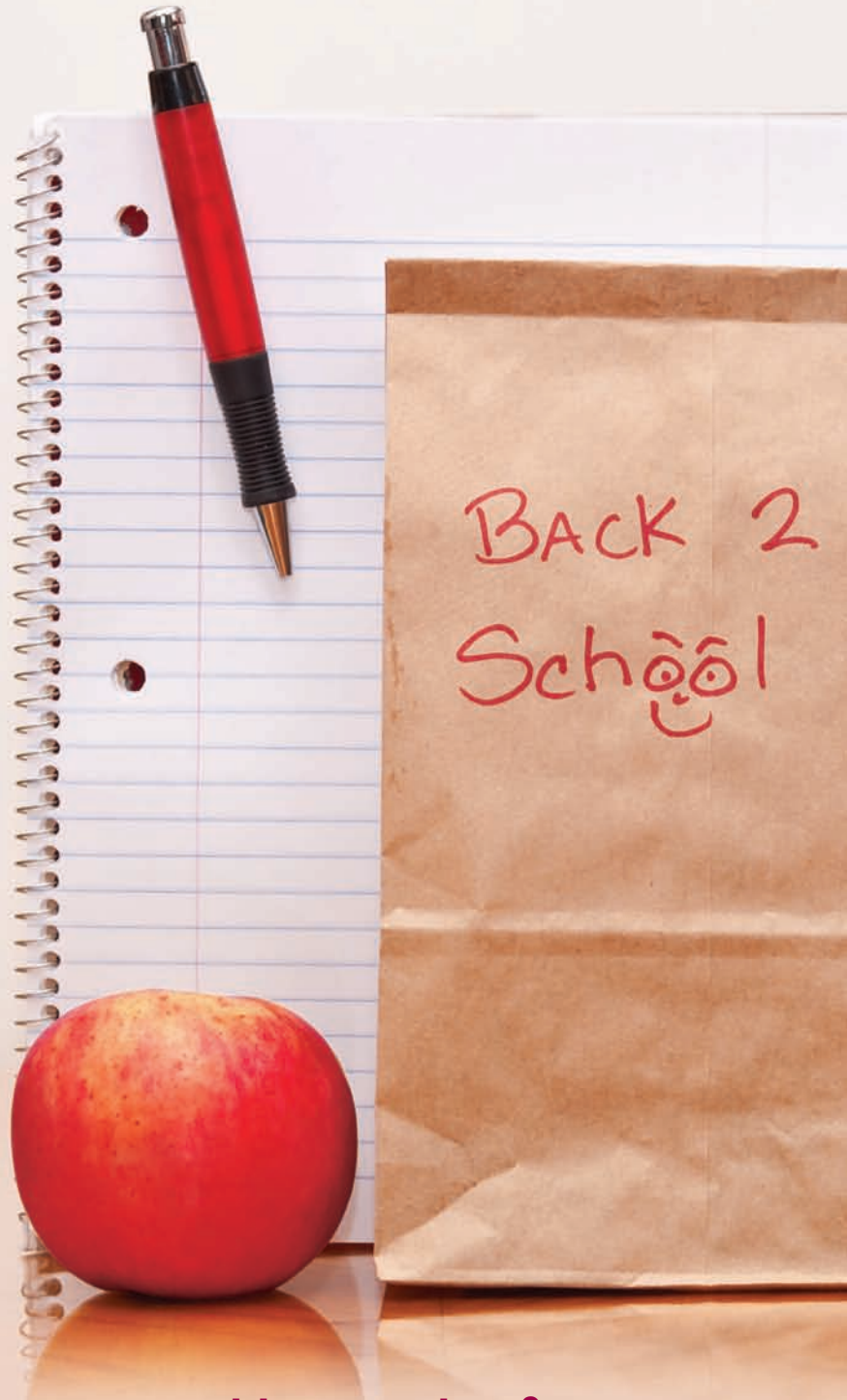
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With Big Y's Wellness Team — Registered Dietitians  
Andrea Samson, RD, LDN and Carrie Taylor, RD, LDN



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## Who can I speak to about my nutrition questions?

The Living Well Eating Smart Wellness Team of dietitians!  
Contact Carrie Taylor, RD, LDN and Andrea Samson, RD, LDN by:



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# Carrie's Corner

Big Y's Registered Dietitian, Carrie Taylor, RD, LDN

## Leave your biggest impact... get them involved early!

Children are like sponges. They soak up everything around them — everything they hear, but most importantly, everything they see *and* do.

Take advantage of your child's adventurous and malleable state. Get them hooked on eating fruits and vegetables early. Make the biggest impact and teach by example.

What better way to *show* your child how important fruits and vegetables are than including them at every meal?



**Celebrate September as National  
Fruits and Veggies — More Matters™  
month and take the  
"Half Your Plate" pledge:**

***I pledge to fill half my  
plate...and my family's  
plate...with fruits and  
veggies at every meal.***

The food and nutrition advice in the *Living Well Eating Smart* newsletter is not meant to take the place of your primary care physician. We recommend you ask your health care provider or registered dietitian for further information specific to your needs.



## Top 10 Ways to Get Kids Excited About Fruits & Veggies

- 10 Mean Green Cleaning Machine.** Have them wash fruits and vegetables in preparation for cooking or eating.
- 9 Pick A Peck!** When shopping, let them select a new fruit or vegetable to try...or several!
- 8 Make It Snappy!** Let them snap green beans, snap peas and broccoli and cauliflower florets.
- 7 I Spy.** Play "I Spy" in the produce department when grocery shopping.
- 6 Tear It Up!** Let them tear lettuce leaves for salads and sandwiches.
- 5 Measure Up!** Let them measure frozen vegetables before cooking them.
- 4 Peel & Slice.** Let older children peel and slice carrots, cucumbers, potatoes...the list goes on!
- 3 Stir & Spice.** Make applesauce from fresh apples. Let them stir and add in seasonings like cinnamon.
- 2 A Sprinkle A Day...** Have them sprinkle herbs and spices onto vegetables.
- 1 Monster Mash!** Pull out the potato masher and let them mash, mash away!



For more tips visit  
[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org).

# Keeping Cool with the Grill

GRILL MASTER APPROVED!

## CHERRY BURGERS

WITH HOT CHERRY ORANGE RELISH

Serves: 4

### INGREDIENTS:

1 pound	90% lean ground beef
1 cup	<b>Northwest Sweet Cherries, pitted and chopped</b>
¼ cup	shallots, chopped
2 tablespoons	fresh basil, chopped
1	small garlic clove, minced
1 tablespoon	Worcestershire sauce
¼ teaspoon	Big Y® salt
¼ teaspoon	Big Y® ground black pepper
–	<i>Hot Cherry Orange Relish</i> (recipe below)
4	whole wheat hamburger rolls
4	large lettuce leaves

### HOT CHERRY ORANGE RELISH

1 cup	<b>Northwest Sweet Cherries, pitted and chopped</b>
½ cup	unpeeled orange, chopped
½ cup	sweet onion, chopped
1	pickled jalapeño pepper, chopped
–	Big Y® salt, to taste
–	Big Y® ground black pepper, to taste

### DIRECTIONS:

1. In a large bowl, combine ground beef, cherries, shallots, basil, garlic, Worcestershire sauce, salt and pepper and mix well.
2. Form mixture into 4 hamburger patties.
3. Grill patties over medium heat for approximately 15 minutes or until hamburgers reach at least 160°F with an instant-read food thermometer, turning once halfway through cooking time.
4. While hamburgers are cooking, combine ingredients for *Hot Cherry Orange Relish*.
5. Toast hamburger buns on grill, if desired.
6. Place lettuce leaf on bottom half of hamburger bun, beef patty on lettuce and top with relish.

### NUTRITION FACTS PER SERVING:

Calories 446, Total Fat 14 g, Saturated Fat 5 g, Cholesterol 78 mg, Sodium 520 mg, Carbohydrates 47 g, Fiber 7 g, Protein 33 g



Recipe from Northwest Cherries.  
Visit [www.nwcherries.com](http://www.nwcherries.com) for more delicious cherry-inspired recipes.



### Freeze Now, Enjoy Later

The Northwest Cherry season is short and sweet, traditionally growing from just June through August. Savor fresh cherries while you can, but stock up and freeze a supply so you can enjoy them through the rest of the year.

1. **Rinse:** Rinse firm, ripe cherries in cold water; drain thoroughly.
2. **Pack:** Pack cherries in plastic freezer bags or freezer-proof containers. Remove excess air and seal package.
3. **Freeze:** Place cherries carefully in the freezer with nothing stacked on top of them. Once cherries are completely frozen, they may be stacked.



Summer may be heating up but that doesn't mean your kitchen has to. Take advantage of sunny skies and head outside for some great food and drink by the grill.



### Northwest Cherries

([nwcherries.com](http://nwcherries.com)) add beautiful color and nutrition to cookouts. Mix vibrant yellow *Rainier Cherries*, the sweetest of the cherry family, with deep red *Bing Cherries* for an edible conversational centerpiece. Or, try them in our *Cherry Burger* recipe to the left. Enjoy 21 cherries for 90 calories, 3 grams fiber, plus potassium and antioxidants.



### Old Orchard® Cranberry Naturals™ Juices

([oldorchard.com](http://oldorchard.com)) let you enjoy cranberry juice without sugar overload. *Old Orchard® Cranberry Naturals™* use Truvia™ (a natural stevia-based sweetener) so you save 5 teaspoons sugar per serving when compared to other cranberry juice blends.



### Bigelow® Premium Green and 100% Ceylon Teas

([bigelowtea.com](http://bigelowtea.com)) provide exceptionally smooth and delicate flavors for your palate. For *Bigelow® Premium Green Tea*, tea leaves are carefully selected and gently steamed, leaving you with a perfectly subtle, great tasting cup of tea without a bitter aftertaste.



### Extra® Dessert Delights Sugarfree Gum

([extragum.com](http://extragum.com)) helps your meal plan goals stay on track when tempted by summertime desserts. Your sweet tooth will love flavors like *Strawberry Shortcake* and your waistline will love that they're only 5 calories per stick!



### Drew's® All Natural Dressings

([drewsallnatural.com](http://drewsallnatural.com)) are made locally in Vermont with the highest-quality, all-natural ingredients. Created by Chef Drew Starkweather, *Drew's® All Natural Dressings* like *Roasted Garlic & Peppercorn* add bold flavor to your barbeque.



### Sparkling ICE™

([sparklingice.com](http://sparklingice.com)) is the perfect soda-alternative to have on hand all summer long. Sweetened with sucralose, *Sparkling ICE™ Naturally Flavored Sparkling Mountain Spring Water* is calorie and sugar free. *Sparkling ICE™* also provides important B vitamins.

# Back to School

Just as you've settled into summertime routines, it's time to start thinking about fall. Prepare your household for early mornings and busy back-to-school schedules in five easy steps.

- 
- 1 Stock Your Pantry.** Begin purchasing lunchbox staples a few weeks before school starts like *Vermont Village Vermont Grown Natural Applesauce Cups* ([vermontvillageapplesauce.com](http://vermontvillageapplesauce.com)). Vermont Village cooks whole apples from local farmers in small batches without added water or sugar for truly wholesome applesauce.



- 2 Refuel and Recharge.** If nutrition was on the back burner throughout summer, it's time to get back on track. Prepare working minds with nutrient-rich foods like *Horizon® Organic Milk with DHA Omega-3* ([horizondairy.com](http://horizondairy.com)). Each serving provides 32 milligrams omega-3 fats from *life'sDHA™*, a plant-based source of DHA.



- 3 Calm Your Body and Mind.** Picking up notebooks, uniforms and backpacks is anything but relaxing. That's why it's important to plan downtime each day. Brew premium *Stash® Chai Spice Decaf Black Tea* ([stashtea.com](http://stashtea.com)) and breathe in soothing aromas for an easy unwind.



- 4 Prevent Sickness.** Maintain a healthy household by stopping the spread of germs. The Centers for Disease Control recommends washing hands often and drying off with a single-use towel like *Kleenex® Hand Towels* ([kleenex.com](http://kleenex.com)). Perfect in kitchens and bathrooms, *Kleenex® Hand Towels* are soft and super absorbent.



- 5 Energize on the Go.** Pack satisfying snacks when running errands like 70% organic *LUNA®* and *CLIF® Bars* ([clifbar.com](http://clifbar.com)). *LUNA® Bars* provide important nutrients for women, like calcium and folic acid, while *CLIF® Bars* contain 23 vitamins and minerals. Both varieties also provide heart-healthy fats, protein and fiber.





# Brown Bag Makeover

How to pack energizing nutrition for your child's school day.

## "Original" Brown Bag Lunch

This original lunch bag is high in added sugar and sodium. It's also missing a snack and important foods like fruits, vegetables, whole grains and lowfat milk. The result? Your student will have trouble focusing and solving problems in class.

## "Trade Up" Brown Bag Lunch

Our lunch bag makeover includes foods from each food group and contains plenty of whole grains. We've added an afternoon snack to ensure your student has the energy they need to excel in school and extracurricular activities.

- 1 For our sandwich, we used whole wheat bread for added fiber, vitamins and minerals. We also opted for *Teddie All Natural Peanut Butter* ([teddie.com](http://teddie.com)) because it's free of added hydrogenated oils and sugar.



- 2 Air-popping *Kernel Season's™ Popcorn* ([kernelseasons.com](http://kernelseasons.com)) is a tasty way to add whole grains to lunch bags. We used their *White Cheddar Popcorn Seasoning* made with real cheddar to add tangy flavor without excess salt or fat.



- 3 It's essential for kids to get enough calcium, so that's why we made sure to include a *Horizon® Organic Milk Box* ([horizondairy.com](http://horizondairy.com)). *Horizon® Organic Milk Boxes* can be stored at room temperature until ready to pack.



- 4 We sent along baby carrots for a serving of vegetables, but you can be creative with colorful options like broccoli and cauliflower florets, red pepper slices or fresh corn salsa.

- 5 *Kashi® TLC® Peanut Peanut Butter Chewy Granola Bars* ([kashi.com](http://kashi.com)) are our top pick when it comes to portable snacks. With 4 grams fiber and only 5 grams sugar, they keep your little ones feeling full.



- 6 Your child will be pleasantly surprised when you send them to school with *The Switch™* ([switchbev.com](http://switchbev.com)), a carbonated 100% juice beverage free of added sugar and colorings. They'll love fizzy flavors like *Orange Tangerine*.





**Navigating the aisles with NuVal™ Scores:**  
You can shop for nutrition, price and great taste without missing a beat.

## PRODUCE DEPARTMENT: SALAD MIXES

Average NuVal™ Score=83

**TRADE UP: Fresh Express®**  
**Wild Rocket Zest Salad Blend**  
NuVal™ Score=100

Opting for dark, leafy lettuces like those in *Fresh Express® Salad Blends* ([freshexpress.com](http://freshexpress.com)) versus light colored lettuces is an easy and delicious way to incorporate more nutrition into your day. For example, a 2-cup serving of *Fresh Express® Wild Rocket Zest* contains 60% and 90% the Daily Value for vitamins C and A, respectively, while iceberg lettuce contains less than 10% of both.



## GROCERY DEPARTMENT: MILK AND MILK ALTERNATIVES

Average NuVal™ Score=60

**TRADE UP: Full Circle™**  
**Organic Unsweetened**  
**Original Soymilk**  
NuVal™ Score=91

For a refreshing alternative to cow's milk, benefit from great tasting *Full Circle™ Organic Unsweetened Original Soymilk* ([fullcirclefoods.com](http://fullcirclefoods.com)). Its nutritional profile can't be beat with 7 grams heart-healthy soy protein, 2 grams fiber and more than 10 vitamins and minerals like calcium and vitamin B12 (a nutrient of concern for vegetarians) in each glass. Plus, creamy *Full Circle™ Organic Soymilk* is made from non-genetically modified soybeans.





## GROCERY DEPARTMENT: HOT CEREALS

Average NuVal™ Score=44

### TRADE UP: Hodgson Mill® Oat Bran Hot Cereal NuVal™ Score=58

If your hot cereal provides sugar and sodium, it's time to trade up to [Hodgson Mill® Oat Bran Hot Cereal](http://Hodgson Mill® Oat Bran Hot Cereal) ([hodgsonmill.com](http://hodgsonmill.com)). Rich and velvety, *Hodgson Mill® Oat Bran* provides 6 grams fiber and protein to keep you feeling full. If new to *Oat Bran Hot Cereal*, try our favorite way to prepare it — mixed with vanilla soymilk, cinnamon, bananas and blueberries.



## GROCERY DEPARTMENT: BREAD

Average NuVal™ Score=26

### TRADE UP: Full Circle™ All Natural Flax & Grain Bread NuVal™ Score=52

With [Full Circle™ All Natural Whole Grain Bread](http://Full Circle™ All Natural Whole Grain Bread) ([fullcirclefoods.com](http://fullcirclefoods.com)), you can finally enjoy wholesome bread that is light and fluffy. *Full Circle™ All Natural Breads* like *Flax & Grain* and *Multi Grain* have NuVal™ Scores well above the category average so you know you're benefiting from important nutrients such as fiber, B vitamins and heart-healthy omega-3 fats from flaxseeds.

## SEAFOOD DEPARTMENT: SEAFOOD & FISH

Average NuVal™ Score=49

### TRADE UP: Full Circle™ All Natural Swai Fillets NuVal™ Score=82



Trade up your traditional seafood offerings and enjoy something new for dinner with [Full Circle™ All Natural Swai Fillets](http://Full Circle™ All Natural Swai Fillets) ([fullcirclefoods.com](http://fullcirclefoods.com)). Sweet and flaky, this delicate white fish provides 80 calories, less than 3 grams fat and 16 grams protein per 4-ounce serving. *Full Circle™ Swai Fillets* are farm raised and flash-frozen so you can rest assured you're getting only the best, high-quality fish.

*Note: NuVal™ Scores verified as of 6/11 and are subject to change.*

# Time for Family Meals

With work, family and busy schedules, we know how hard it can feel to get nutritious meals on the table. We're here to share our top meal solutions so you can feed your loved ones in minimal time.

**Plan a Menu.** Decide which meals you'd like to cook over the course of the week. Then, use your menu to create a shopping list. For example, pick up *Uncle Ben's® Whole Grain White Long Grain Rice* ([unclebens.com](http://unclebens.com)) for wholesome dinners like our *Sesame Chicken Stir-Fry* recipe. *Uncle Ben's® Whole Grain White Rice* is great for family meals because it provides the same nutritional benefits of brown rice with the taste of white rice.



**Take Advantage of Breakfast for Dinner.** Breakfast foods are the perfect quick and nutritious meal solution. Options like *Cream of Wheat® Instant Healthy Grain* ([creamofwheat.com](http://creamofwheat.com)) are packed with important nutrients to help you and your family eat well when time is crunched. Just one bowl of *Cream of Wheat® Instant Healthy Grain Maple Brown Sugar* provides 6 grams fiber, 7 grams protein and at least 25% the Daily Value for 9 vitamins and minerals.



**Keep Little Ones in Mind.** Children's eating habits and food preferences develop early in life, so provide your baby with a variety of foods.

*Plum™ Organics* ([plumorganics.com](http://plumorganics.com)) is a new baby food line at Big Y® and is a struggle-free way to get your little ones eating blends like *Spinach, Peas and Pears Second Blends™* and *Blueberry Oats & Quinoa Mish Mash™*. *Plum™ Organics* BPA-free portable pouches are ideal for self-feeding, too.



**Utilize Quick-Cook Secrets.**

When dinner has to be put on the table in 30 minutes or less, you can still enjoy a delicious meal from scratch. How? Simply slice tender, all natural *Big Y® Air-Chilled Boneless Skinless Chicken Breast Fillets* into strips or cubes before cooking so they cook in a fraction of the time. Or, combine recipe ingredients in a slow cooker before heading out the door in the morning.



**Don't Play Short-Order Cook.**

While it may be easier to cater to your family's food demands in the beginning, it will only lead to headache down the road. Plus, children learn to like (and eat) a wider variety of foods by eating what their parents eat<sup>1</sup>. For starters, serve family favorites like whole grain *Mama Rosie's® Low Fat Cheese Ravioli* ([mamarosies.com](http://mamarosies.com)). Each 9-ravioli serving provides 5 grams fiber and 10 grams protein.



<sup>1</sup>Sweetman C, McGowan L, Croker H, Cooke L. Characteristics of Family Mealtimes Affecting Children's Vegetable Consumption and Liking. *J Am Diet Assoc.* 2011;111:269-273.



# SESAME CHICKEN *Stir-Fry*

Serves: 4

## INGREDIENTS:

1 pound	<b>Big Y® Air-Chilled Boneless Skinless Chicken Breast Fillets</b>
¼ cup	reduced sodium soy sauce
2 cups	<b>Uncle Ben's® Whole Grain White Long Grain Rice</b>
–	Big Y® no stick cooking spray
2 tablespoons	sesame seeds
1 tablespoon	ground ginger
1 cup	carrots, cut into matchstick size
1 cup	snow peas
2	(8-ounce) cans World Classics Trading Company™ sliced water chestnuts, with liquid
1 teaspoon	toasted sesame oil



## DIRECTIONS:

1. Slice chicken breast fillets and marinate in reduced sodium soy sauce for 15 to 30 minutes.
2. Cook rice according to package instructions.
3. While rice is cooking, heat a large pan (or wok) over high heat.
4. When pan is hot, lightly coat with cooking spray. Add chicken and soy sauce.
5. Cook chicken for 1 to 2 minutes then add sesame seeds and ground ginger, stir to coat.
6. Add carrots, snow peas, water chestnuts with liquid and toasted sesame oil.
7. Cook until vegetables are just tender and chicken reaches internal temperature of 165°F with an instant-read food thermometer.
8. Add cooked rice and toss to combine.

Recipe from Uncle Ben's.®  
Visit [www.unclebens.com](http://www.unclebens.com) for more  
quick and easy meal solutions.

## NUTRITION FACTS PER SERVING:

Calories 263, Total Fat 3 g, Saturated Fat <1 g, Cholesterol 55 mg,  
Sodium 638 mg, Carbohydrates 30 g, Fiber 7 g, Protein 32 g



## No Whine with Dinner

Looking for nutritious recipes your kids will actually eat? *No Whine with Dinner* has you covered with 150 healthy, kid-tested recipes like delicious *Banana Zucchini Squiggle Loaf* and *Chicken Pot Pie Bundles*. Written by moms and dietitians Liz Weiss, MS, RD and Janice Newell Bissex, MS, RD, *No Whine with Dinner* will have you whipping up dishes that will please even the pickiest of eaters. Pick up your copy at Big Y® today!

# Pack Your Way to a Nutritious School Year

Healthy lunches and snacks are important for children and help with concentration and learning. To have your child "buy" into eating healthfully, encourage them to be involved in packing their own lunch and choosing their own foods.



## Six items to pack in your lunchbox:

- VEGETABLES
- FRUIT
- DAIRY
- PROTEIN FOODS
- WHOLE GRAINS
- WATER or 100% JUICE

Circle what you want mom to pack you for lunch! ➡



vegetables



fruit



dairy



protein foods



whole grains



100% juice or water

